

8. Practices good health habits, such as getting adequate food, sleep, rest, recreation and relaxation. (See sections referred to above.)
9. Refrains from smoking or using tobacco in any form.
10. Refrains from drinking coffee and tea or taking other stimulants.
11. Stops to rest before getting too tired.
12. Reports illness to parent or teacher when ill from any cause and follows the advice given.

Suggested Experiences for the Child.

1. Practices good health habits daily.
2. Observes that pets rest after exercise.

Evaluation.

Observe the daily habits of the class which indicate their progress in achieving the objectives as outlined. No written test should be given.

GRADES 4-6

Primary emphasis should continue to be on good general health practices. Proper nomenclature should be used by the teacher and pupils so that pupils will learn a few scientific terms that will enable them to discuss intelligently the heart and blood. Too much emphasis should not be given to the learning of technical names. This is likely to be boresome and lessen interest.

Desired Outcomes in Terms of Knowledge, Attitudes and Practices.

1. Understands and practices the things suggested for grades 1-3. (See sections on "Personal Health Practices.")
2. Works and plays without tension and worry.
3. Does not continue working or playing until completely exhausted, but knows when he tires too easily and will report to teacher or parent.
4. Follows the advice of his parent or teacher in regard to playing after an illness.
5. Refrains from smoking or using tobacco in any form.
6. Refrains from drinking coffee and tea and taking other stimulants.